

# Momentum Assessment:

*Gospel Clarity for Life, Leadership, and Movement*

## Purpose

To help you discern where the Spirit is inviting transformation, realignment, and deeper formation across six key areas of gospel-centered life and leadership. This tool is not about performance, it's about presence. Not about perfection, but about posture. You are not created to grow alone. As you reflect, ask the Spirit to surface where grace is already moving and where gospel clarity is being invited. Let this assessment mark a turning point. Let it be an honest, hopeful starting place for momentum to begin again.

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## Instructions:

*Rate each statement from 1 to 5 based on your current season.  
Be honest. Be gentle. Be curious*

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1 – Strongly Disagree   2 – Disagree   3 – Neutral   4 – Agree   5 – Strongly Agree

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## Life Transformation

*Spiritual formation, emotional healing, identity renewal*



I regularly engage Scripture and prayer, not as tasks, but as a way to abide in Christ. \_\_\_\_\_

I'm replacing false narratives with gospel truth through reflection and grace. \_\_\_\_\_

I confess sin and bring struggles into the light, trusting Jesus to transform me. \_\_\_\_\_

I'm growing in emotional maturity and the fruit of the Spirit. \_\_\_\_\_

I steward my body and soul through rest, exercise, and rhythms of spiritual renewal. \_\_\_\_\_

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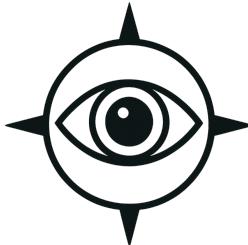
**Section Score:** \_\_\_\_\_ / 25

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## Vision

*Gospel clarity, direction, and life alignment*



I have a gospel-shaped vision for my life and calling. \_\_\_\_\_

I can spiritually and scripturally articulate what matters most in this season. \_\_\_\_\_

I've set intentional goals for my whole life (*i.e. faith, family, fitness, and finances*). \_\_\_\_\_

I regularly seek wisdom from God's word and Prayer about next steps. \_\_\_\_\_

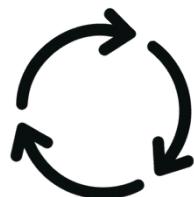
I live more from Godly conviction than from reaction or pressure. \_\_\_\_\_

**Section Score:** \_\_\_\_\_ / 25

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## Discipleship

*Spiritual relationships, mentoring, and whole-life formation*



I walk closely with a mentor, spiritual guide, or coach. \_\_\_\_\_

I intentionally disciple or invest in someone else's spiritual growth. \_\_\_\_\_

My family relationships are being shaped by gospel practices and presence. \_\_\_\_\_

I regularly talk about Jesus and God's Word in everyday, natural ways. \_\_\_\_\_

I welcome loving accountability and correction when needed. \_\_\_\_\_

**Section Score:** \_\_\_\_\_ / 25

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## Contextualization

*Cultural awareness, incarnational leadership, embodied presence*



I listen to people with different experiences, backgrounds, and beliefs (*hoping to find gospel inroads*). \_\_\_\_\_

I communicate the gospel in ways that make sense in real life. \_\_\_\_\_

I seek to understand before responding and lead with empathy. \_\_\_\_\_

I'm engaged in Christian service and/or mission beyond my comfort zone. \_\_\_\_\_

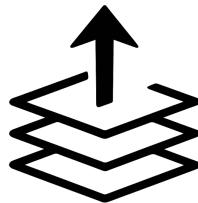
I care for my physical health as part of my witness and stewardship. \_\_\_\_\_

**Section Score:** \_\_\_\_\_ / 25

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## Logistics

*Systems, stewardship, structure, margin*



I manage my time and energy with prayerful intention. \_\_\_\_\_

I have sustainable spiritual rhythms for rest, relationships, and work. \_\_\_\_\_

I practice faithful financial stewardship, generosity, and service. \_\_\_\_\_

My schedule and spending reflect my biblical values and convictions. \_\_\_\_\_

I revisit priorities for alignment with God's calling and Scripture's teachings. \_\_\_\_\_

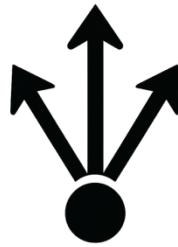
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## Multiplication

*Gospel movement, legacy, and leadership reproduction*



I invest prayerfully in people who are not yet following Jesus. \_\_\_\_\_

I've helped others grow or launch something new. \_\_\_\_\_

I regularly encourage people to step into their God-given calling. \_\_\_\_\_

I mentor others who will, in turn, disciple or lead others. \_\_\_\_\_

I care more about legacy than control, which is celebrating others' growth and fruitfulness. \_\_\_\_\_

Section Score: \_\_\_\_\_ / 25

**TOTAL SCORE:** \_\_\_\_\_ / 150

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## Interpreting Your Results

Let the Spirit speak more than the numbers. Scores simply surface where gospel momentum is stirring and where grace is still needed.

### **0–59 Urgent Attention Needed**

You may feel stuck, tired, or disconnected. Start small. Choose one essential to lean into. Reach out to a coach, mentor, or friend and invite them to walk with you.

### **60–89 Growth Opportunity**

Some momentum is forming, but key areas are misaligned. Refocus your rhythms and ask for help.

### **90–119 Developing Momentum**

You're moving forward. Name the areas of progress and continue refining what's working.

## 120–150 Strong Gospel Momentum

Celebrate the fruit! Consider how to reinvest this health in others.

### Personal Coaching Questions

#### Engage

*Where do I feel most stuck or stretched?*

*What surprised me in this assessment?*

#### Explore

*What fear, assumption, or lie may be affecting my growth?*

*What pattern or emotion needs to be named?*

#### Exchange

*What burden or false belief is God inviting me to release?*

*What gospel truth re-centers my identity?*

#### Empower

*What's one faithful action I can take this week*

*Who can I invite into this process?*

#### Encourage

*What area of my life has been changing for the better?*

*Who has helped me grow—and how can I affirm them?*

#### Final Word

This isn't a performance review. It's a grace-filled pause. You are loved where you are and invited to grow into what's next. Let this be a moment of clarity, not condemnation. You don't need to lead faster; you need to abide deeper. Momentum begins not with speed but with surrender.